## FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page http://www-nehc.med.navy.mil/hp/index.htm

### Friday FACTS

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20 October 2000

"Leadership, Partnership, and Championship"



"Navy Environmental Health Center (NEHC), Sexual Health and Responsibility Program (SHARP) will conduct the Fundamentals of HIV-STD Prevention Counseling course on 8-9 Nov 00,

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0730 - 1700, in the NEHC Randall Room, 2510 Walmer Ave., Norfolk, VA.

This 2-day course, developed by CDC and refined for Navy application, targets Preventive Medicine Technicians, Independent Duty Corpsmen, Environmental Health Officers, physicians, and other medical professionals who counsel Sailors, Marines, and family members about reducing risk of acquiring or transmitting HIV/STD. Continuing Medical Education credit is awarded. For more information about this course, visit the SHARP website at: http://www-nehc.med.navy.mil/hp/sharp/education&training.htm (then click on "Prevention Counseling")

There is no registration fee. TAD travel and per diem are the responsibility of the student's Command. Seats are limited to 20 people. To secure a quota, send the following information to SHARP: full name, grade, command of assignment (with full mailing address), position or specialty, duty phone, duty e-mail address, brief description of your need for this course.

Directions and maps to NEHC can be found on the NEHC Homepage at: <a href="http://www-nehc.med.navy.mil/nehcmaps.htm">http://www-nehc.med.navy.mil/nehcmaps.htm</a>. SHARP point of contact is Bob MacDonald, (757) 462-5566, DSN 253-5566; <a href="mailto:macdonaldb@nehc.med.navy.mil">mailto:macdonaldb@nehc.med.navy.mil</a>"

# Computer monitors may be hazardous to your health

Your new computer monitor may offer many advantages over your old model, but it may also have one feature that could affect your health. According to Swedish researchers, more than half of new computer monitor displays currently being sold are treated with a flame-retardant chemical known for provoking allergic reactions--and this compound emits from the screen into the air surrounding the computer user when heated up as a result of everyday usage. For additional information visit <a href="http://healthcentral.com/news/TopStoryFullText.cfm?">http://healthcentral.com/news/TopStoryFullText.cfm?</a>

"Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything."

-Muhammad Ali

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Want another way to fall asleep? Try thick socks! A study has discovered that warm feet, along with warm hands, helps!! The article is in *Nature*, September 2, 1999 also suggests keeping the bedroom temperature cool, and using a hot water bottle under the covers. The key is warmth and not being overheated!

#### Fertility and Smoking

Another reason to quit! A recent study has found that smoking and passive smoke effects contraception and fertility. The article by Dr. Christopher Ford in the 2000 October issue of Fertility and Sterility:

74:724-732 found that smoking by both partners delayed conception as did passive smoking by women.

